**Area Al-Anon Meetings for Athens, Ohio**

**Introducing Al-Anon**

Al-Anon is an **anonymous** fellowship that welcomes anyone who has a family member or friend that suffers from alcoholism or any other chemical dependency. We hope that you will find the help and friendship that we have been privileged to enjoy.

Al-Anon provides several paths into recovery:

* Attending Al-Anon meetings. At these meetings you will have a chance to share experience, strength, and hope with other Al-Anon members. We ask that you introduce yourself by **first name only**, and welcome those who participate actively as well as those who start by simply observing. If it is "your turn" to speak, you are free to say simply, "Pass."
* Reading Al-Anon literature. The World Service Office publishes a number of leaflets and books, including the two daily readers: "One Day at a Time in Al-Anon" and "Courage to Change," as well as our "big book," "How Al-Anon Works." Copies of several leaflets are included in the free beginners packets that the local groups distribute to newcomers, and copies of the three books are available at cost, through the local groups.
* Each of our local groups also maintains a phone list that it provides to newcomers. The people on the list have volunteered to take calls when they can, and have promised to tell the caller right away if it is not a good time, so that the next person on the list may be tried.
* Many Al-Anon members find a "sponsor" within the group, who provides an on-going relationship focused on recovery.

**Local Meetings:**

There are established Al-Anon Family Groups in the immediate vicinity of Athens, OH:

* **Monday** Noon: Noon - 1:00 PM in *the basement Library of the Presbyterian Church, on the corner of Court and Washington Streets*. Entry is through the second set of doors as you walk away from Court Street. Then go to the right, down the stairs into the basement, and turn left down the central hallway.
  + **Tuesday** Evening: 7:30 - 8:30 PM in *the Hobson Lounge at the Episcopal Church of the Good Shepherd, on University Terrace, next door to the old Oasis building*. Entry is through the door on the upper level between the offices and the nave. The lounge is straight ahead.
  + **Thursday** Evening: 7:30 - 8:30 PM in *the Undercroft of the Episcopal Church of the Good Shepherd, on University Terrace, next door to the old Oasis building*. Entry is through the kitchen door in the back.